

## UPCOMING EVENTS: VCP/PsychArmor Training: Connection and Cohesion

### Resilient Medical Teams in Stressful Times

Thursday, May 14, 2020  
8:00AM-9:00AM

Join Zoom Meeting: [https://us02web.zoom.us/j/89352938543?](https://us02web.zoom.us/j/89352938543?pwd=TmJIM21aTEhFV1plQjk0RW5JQ2U3UT09)  
pwd=TmJIM21aTEhFV1plQjk0RW5JQ2U3UT09

Join by Phone: 669 900 6833; Meeting ID: 893 5293 8543; Password: 691446

Colorado VCP is pleased to be partnering with PsychArmor Institute to offer a unique training on resilience in the face of uncertain times for providers, nurses and staff members hosted by PsychArmor Institute's Clinical Director, Clinical Psychologist and Navy Combat Veteran, Heidi S. Kraft, Ph.D. Dr. Kraft will present on principles of resilience in medical personnel that have been proven to increase that reserve we all need in order to persevere through challenging and stressful experiences. See flyer below for more information!

## VCP/Give An Hour Webinar: Healthy Habits and 5 Signs

Tuesday, May 26, 2020  
11:00 AM-12:00 PM

Join Zoom Meeting: <https://ucdenver.zoom.us/j/933655309>

Join by Phone: 669 900 6833; Meeting ID: 933 655 309

Please join us for a webinar presented by Give An Hour program manager and VCP steering committee member, Katie Civileto. The objective of this webinar is to change the culture of mental health by encouraging everyone to stay emotionally healthy and to share the Healthy Habits of Emotional Well-being widely, especially during this time when all of us are struggling with the Coronavirus pandemic. This webinar will include the current tools we have launched in support of COVID-19 and how to access new tools as they are released. See flyer below and we hope you can join us!

### Upcoming Events

May

A Week to Change Direction  
May 18-24, 2020

Let's stay healthy together and share the Healthy Habits of Emotional Well-being. Learn more and register, informational flyer below!

VCP Coordinator Courtney Bauers & VCP Community Co-Chair  
Heather Kamper  
Email: [Courtney.Bauers@va.gov](mailto:Courtney.Bauers@va.gov)  
[HKamper@drco.org](mailto:HKamper@drco.org)  
[https://www.denver.va.gov/grecc/education/support/atc\\_poster.asp](https://www.denver.va.gov/grecc/education/support/atc_poster.asp)



VETERAN COMMUNITY PARTNERSHIPS

May 14, 2020  
8:00AM (MST)

Connection and Cohesion:



VETERAN COMMUNITY PARTNERSHIPS

# Resilient Medical Teams in Stressful Times

Heidi S. Kraft, Ph.D.  
Clinical Psychologist and  
Navy Combat Veteran  
Clinical Director,  
PsychArmor Institute

Join the Colorado Veteran Community Partnership (VCP) in promoting the success of Veteran service members and providing a sense of community with other former military personnel, family members of military personnel, and non-military people who just want to help. Colorado VCP will be holding a unique training on resilience in the face of uncertain times for providers, nurses and staff members hosted by PsychArmor Institute. Meet Navy Veteran and PsychArmor's Clinical Director, Heidi Squier Kraft, Ph.D., who will present on principles of resilience in medical personnel that have been proven to increase that reserve we all need in order to persevere through challenging and stressful experiences. Drawing from the experiences of military medicine in combat scenarios, several specific ideas and techniques will be presented for providers to use personally, as well as with those with whom they work or supervise.

At the end of this presentation, medical providers and staff members will be able to:

1. Discuss the concept of resilience in medical staff members in the face of uncertain times, focusing on what we have learned from combat medicine principles.
2. Describe how controllability, confidence and coping relate to gratitude practice.
3. Explain the way meaning and confidence in work can be enhanced by mindfulness techniques.
4. Discuss how social connection protects against the stress response and define one way medical staff can ensure that is part of their work experience.

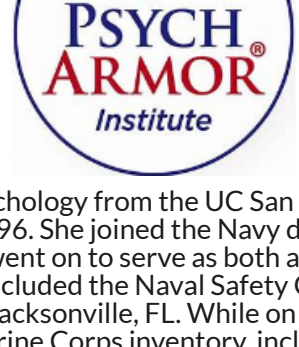
Join Zoom Meeting  
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pwd=TmJIM21aTEhFV1plQjk0RW5JQ2U3UT09

Meeting ID: 893 5293 8543

Password: 691446

One tap mobile

+16699006833



Heidi Squier Kraft received her Ph.D. in clinical psychology from the UC San Diego/SDSU Joint Doctoral Program in Clinical Psychology in 1996. She joined the Navy during her internship at Duke University Medical Center and went on to serve as both a flight and clinical psychologist. Her active duty assignments included the Naval Safety Center, the Naval Health Research Center and Naval Hospital Jacksonville, FL. While on flight status, she flew in nearly every aircraft in the Navy and Marine Corps inventory, including more than 100 hours in the F/A-18 Hornet, primarily with Marine Corps squadrons. In February 2004, she deployed to western Iraq for seven months with a Marine Corps surgical company, when her boy and girl twins were 15-months-old. Rule Number Two is a memoir of that experience. Dr. Kraft left active duty in 2005, after nine years in the Navy. She currently serves as clinical director at PsychArmor Institute, a national non-profit that provides free online education for those who live with, care for, and work with military Veterans. She is frequently invited to speak at conferences and panels on combat stress, stigma and caring for the caregiver. She is a lecturer at San Diego State University, where she teaches stress, trauma and the psychological experience of combat, as well as Health Psychology and Abnormal Psychology. Dr. Kraft lives in San Diego with her husband Mike, a former Marine Harrier pilot, and her twins Brian and Meg, who have no memory of their mother's time in Iraq.



VETERAN COMMUNITY PARTNERSHIPS

## HEALTHY HABITS AND 5 SIGNS WEBINAR

Co-hosted by VCP and Give An Hour

Presented by Katie Civileto who serves as the Program Manager for GAH's partnerships with the Army National Guard, Air National Guard, and Army Reserve and is a member of the Colorado VCP steering committee.

**Webinar Objective: To change the culture of mental health by encouraging everyone to stay emotionally healthy and to share the Healthy Habits of Emotional Well-being widely, especially during this time when all of us are struggling with the Coronavirus pandemic. This webinar will include the current tools we have launched in support of COVID-19 and how to access new tools as they are released. Join us to learn more!**

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11:00AM-12:00PM

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## Please Note: The dates have changed for this event. New dates: May 18-24

### A WEEK TO CHANGE DIRECTION MAY 9-17

Join us for a week during Mental Health Month for the 2nd globally coordinated week to change the culture of mental health.



- Our goal is to raise **awareness** and **increase support** for organizations and individuals that are working to change the culture of mental health
- We all know the importance of physical and emotional health, register your event, project, and individual effort with us to be part of this like-minded global community
- Already planning something for Mental Health Month? Share it with us so we can **elevate** and **amplify** your efforts!

### NEXT STEPS

- Register, it only takes 2 mins!
- Use #ChangeDirection when posting on social media.
- Share the Healthy Habits of Emotional Well-being
- Need project ideas? Use our toolkit!



Register and get the toolkit at  
<http://bit.ly/AWeekToChangeDirection>.

### LET'S STAY HEALTHY TOGETHER!



### Information About Community Health Workers Virtual Support Program

Due to the current COVID-19 social distancing restrictions and stay-at-home orders, Mental Health Partners has decided to temporarily suspend Community Health Workers (CHWs) from physically going into the community to meet with individuals and provide support to partner agencies. However, we understand that now, more than ever, our communities need to have access to reputable sources for information, navigation of resources and overall guidance.

As specialists in linking people to healthcare services and community resources, Community Health Workers fill this important role, especially in assisting individuals in identifying and overcoming their barriers to receiving care. With this in mind, we have modified our CHW team's operations to provide support, assistance navigating the healthcare system, and information about resources to community members and partner agencies through a virtual platform.

Ways to connect with our CHWs virtually:  
Visit our Community Health Workers group on Facebook where we will share information and tips:  
[www.facebook.com/groups/mhpcoloradohealthworkers](https://www.facebook.com/groups/mhpcoloradohealthworkers)

- Each CHW has a Facebook profile for community members to connect with us via Messenger and for us to connect with community groups. You can find our individual profiles on the CHW Facebook group.
- Support is still available by phone via our main line: (303) 545-0852. Please leave a message and someone will return the call in a timely fashion.
- The CHW team is available on Facebook and by phone Monday - Friday from 10am-6pm and Saturday 10am-1pm.
- Share the attached flier with your community
- If your organization is on Facebook, please follow our group
- If you are part of a community group you think it would be beneficial to have the CHWs participate in, it would be wonderful if you could invite them to that group.

## Your Personal Connection to Local Healthcare Resources

ARE STILL AVAILABLE DURING COVID-19 PUBLIC HEALTH CRISIS

During these difficult times your Boulder & Broomfield Community Health Workers are available by phone or online to help connect you to local resources including access to mental health services and more.

Reach out today with questions about accessing your local resources, how you can focus on wellness, & getting into treatment if you are in need of consistent care.

Call or Contact Us Via Facebook: Monday-Friday 10:00 AM-6:00 PM & Saturdays from 10:00 AM-1:00 PM

Visit: [mhpcolorado.org/community-health-workers](https://mhpcolorado.org/community-health-workers)

Or call us at: (303) 545-0852

Search Mental Health Partners - Community Outreach

If you or someone you know is experiencing a mental health crisis please call the Statewide Crisis Line: 1-844-493-TALK



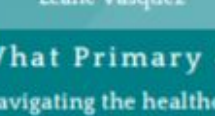
Ashley Wallis  
Veteran Community Health Worker



Jasiel Sánchez-Díaz  
Bilingual Community Health Worker



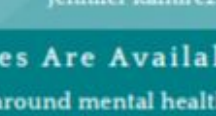
Whitney Rodriguez  
Bilingual Community Health Worker



Leane Vasquez



Aina Beaulac  
Veteran Community Health Worker



Jennifer Ramirez

### Learn What Primary & Behavioral Health Services Are Available to You

- Help navigating the healthcare system
- Support in making virtual appointments
- Overcome barriers to care
- Overcome stigma around mental health needs
- Get connected to services and resources
- Learn more about mental health resources



Quality. Access. Health. Every. Day. Every. Connection.